



**He's the voice
on the Beat**
An evening host
and music director
lives his dream job
at local radio station
91.5 The Beat.

Feature 8

Spoke

Conestoga hosts ECE conference
More than 500 people participated in
the largest conference in Southern Ontario.

News 3

Orphaned kittens find new home
Maine woman nurses her furry friends
back to health for families to adopt.

Feature 12

Monday, March 29, 2004

Conestoga College, Kitchener

36th Year — No. 12

CSI in talks with a possible new drug provider

By DESIREE FINHERT

Mail-order prescriptions are one of two reasons why Conestoga College may be switching health plan providers.

Conestoga Students Inc. (CSI) discussed switching to Pharmex Direct for drug plans at a board of directors' meeting on March 2.

Judy Dusick, CSI's general manager, said the directors need to consider the Oakville pharmaceutical company for two reasons.

Mail-order prescriptions can be submitted to Pharmex by the student's doctor faxing or telephoning in the prescription.

"They will provide a three-month supply of any prescription, not just oral contraceptive, and they will deliver it to your home," said Dusick. "That's a real big advantage."

The three-month supply will be delivered for free to anywhere in Ontario. There is only one dispensing fee of about \$5 and not three dispensing fees.

"If they're going to deliver it right to your house it's a particular bonus for those who live in residence and don't have cars," said

Dusick, adding she sympathizes with students, who currently have to get on a bus to go to the drug store on a Saturday. The bus ride from Conestoga Residence and Conference Centre to the closest mall, Fairview Park, is approximately 25 minutes.

Dusick said the second advantage of switching to Pharmex is they will continue to offer the same service over the summer.

"Those students who use the health plan may know that there is a certain lag time between paying for the health plan and getting back on line with

the pharmacies," she said.

Pharmex's willingness to stay on line with the pharmacies will mean students won't have to pay out of pocket for their prescriptions up front and then wait for reimbursements from their health provider in September.

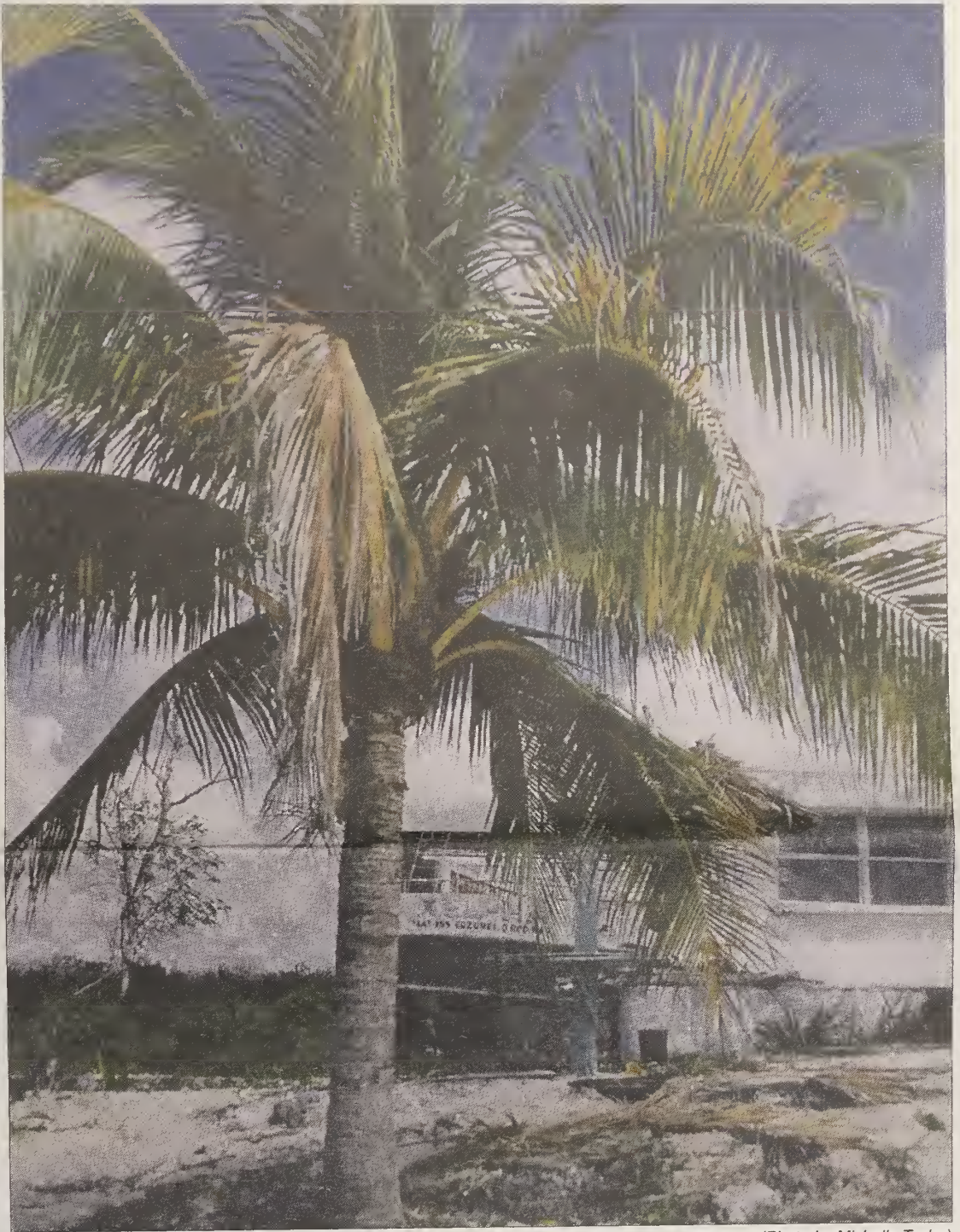
Claim Secure provides Conestoga's current health coverage and is underwritten by Industrial Alliance Pacific Life Insurance Company.

Students can expect a reduction of \$8.93 for their health plan fee.

"I'm still pushing them for a little bit more," said Dusick.

"They will provide a three-month supply of any prescription ... and they will deliver it to your home."

*Judy Dusick,
CSI's general manager*



(Photo by Michelle Taylor)

Once upon a palm in Mexico

Cozumel, Mexico's largest island, is becoming a popular tourist destination. It is 28 miles long and 10 miles wide and is well known for its coral reefs. Spoke reporter Michelle Taylor recently visited the beautiful island and gives her personal account on Page 3.

Hate crimes hit close to home

By CARLA KOWALYK

Every year March 21 is recognized as the International Day for the Elimination of Racial Discrimination. Only this year, this important day for peace seemed to be overlooked.

Anti-Semitic messages were spray painted on surfaces in neighbourhoods in Toronto, Vaughan and even close to home, the Kitchener-Waterloo area.

Kirsten Binstock, a first-year arts and sciences student, said she feels disgusted that people could be so hateful and hurtful to another human being.

"I wish that people could learn to tolerate other's differences," the 21-year-old said. "Unfortunately, under

the circumstances, that is not the case."

Binstock grew up in a Jewish household and knows first hand the effects hate crimes can have on an individual.

"When the anti-Semitic messages began appearing in my neighbourhood it made me begin to question my faith," she said. "It made me wonder whether or not I should continue to believe when other people hated me for something I was born into."

The only possible answer Binstock could come up with as to why these hate crimes were committed was a rumour she heard.

"Some people say these acts are taking place because of the movie The Passion of the Christ, and its

depiction of the Jewish priests and children," she said. "But to me it seems like it's a scapegoat for people to be able to feel better about themselves and what they're doing."

The acts of hatred have not gone unnoticed by Premier Dalton McGuinty and the Legislative Assembly.

On March 22 at Queen's Park, McGuinty introduced a motion that reads "the Legislative Assembly condemns the recent acts of anti-Semitism." He also expressed his support for Ontario's hate crime zero-tolerance.

"I'm glad that people are taking notice," Binstock stated. "So many people can turn a blind eye to things that make them feel uncomfortable. That's no reason to ignore it."



(Photo by Tim Murphy)

Working hard

A construction crew works on the roof of the Lyle S. Hallman Institute for Health Promotion at the University of Waterloo.

Now deep thoughts
...with Conestoga College
Random questions answered by random students

What is the worst pick-up line
you've ever heard?



"Do you mind if I stand
here until it's safe where I
farted."
Kevin Wilson



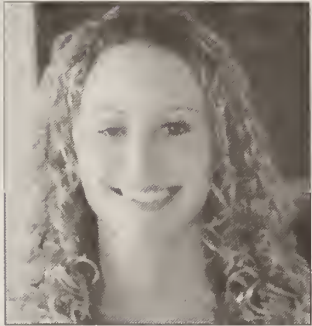
"What's your city's
biggest export."
Lisa Nosal



"If I could rearrange
the alphabet, I would
put U and I together."
Christa Campbell



"You must be Jamaican,
because you're Jamaican
me crazy."
Tanya Good



"I may not be the best
looking guy here, but I'm
the only one talking to
you."
Richelle Jorritsma



"Do you have an older
brother."
Scott Rawlings

Smile Conestoga, you could be our next respondent!

Small
change
in fees

By DESIREE FINHERT

The Conestoga Students Inc. (CSI) fee will only decrease by approximately \$1 in September 2004, despite significant cost savings.

CSI agreed to a 93-cent decrease in activity fees at a board of directors' meeting on March 2.

Although the student health plan and the recreation centre fees have decreased, CSI is increasing their own development fund.

Next year students will save \$8.93 for health care. In the 2003-2004 year the health plan cost students \$185.68, but next year it will only cost \$176.75.

CSI will also be saving approximately \$1,200 by returning their financial business to the Bank of Montreal.

CSI's general manager Judy Dusick said the Bank of Montreal will offer the same interest rate as CSI's current bank, ING Direct. Also, the Bank of Montreal will waive the corporate service charge if CSI returns to their service, which draws \$100 to \$150 per month from CSI's account.

Dusick said CSI is going to look at reducing or nullifying the cost of CSI's staple service fees, because of the approximate \$1,200 annual savings.

The rec centre fee will also be decreasing. CSI has a contractual obligation to provide \$75,000 per annum to the rec centre. However, the contract ends in the 2006-2007 academic year.

For the last two years the student activity fee included a \$16 rec centre fee. Based on 5,500 students, \$16 per student equals \$88,000. This is \$13,000 more than CSI needs in order to fulfill their obligation to the rec centre.

Dusick anticipates an enrolment of 5,700 students in September 2004 and, therefore, the rec centre fee will be lowered to \$13 per student.

"I see no reason why we shouldn't reduce that fee to \$13 per student which takes us just around the \$75,000 mark, depending on enrolment," said Dusick.

However, activity fees will not be decreasing for the 2004 start. Despite the decrease in the health care fee, the rec centre fee and the decrease in service charges CSI pays for banking, student fees are only decreasing by 93 cents.

The fee that is going up is the capital development fund. CSI is planning to use the money to research the possibility of building a student centre.

CSI president of student activities Justin Falconer said CSI has just taken the money that they've had over the last few years and found a way to reallocate it.

"It puts us in a position to offer more without necessarily putting an extra burden on the students," said Falconer. "We can't call it a student centre yet, because we don't know



(Photo by Desiree Finhert)

Judy Dusick, CSI's general manager, looks over the budget report at a board of directors' meeting on March 2.

if that's what the students want. We're just calling it a capital development fund because we don't know when it's going to be."

The capital development fund fee was originally \$16, and Dusick said she would like to see the fee raised to \$27.

"That is a combination of the \$11 in savings from the other two areas added to what we have previously charged for Sanctuary renovation," said Dusick. "I want to put this toward the CSI development fund."

Dusick said CSI will need to hire the services of a consultant to survey the students for their ideas on what the student centre should provide.

"We need to find out if they want a student centre and what they would like to see in a student centre," said Dusick.

If the survey shows students want

their own centre, then CSI is prepared to hire an architect and research student centres at other colleges and universities.

"We need to put aside a little money for someone to do a little research and development," said Dusick.

In the more recent future, CSI is planning to expand in to rooms 1B21 and 1B22 if the college grants the space.

"I would like the board of directors to have the space that CSI is currently housed in and have the office staff move across the hall," said Dusick. "We will have to spend a little bit of money on renovating and making it a temporary location until such time that we have a student centre or have decided that we are not going to have a student centre."

FACTS

2004-2005	2003-2004	Difference
CSI Association Fee		
\$88.11	\$90.00	\$1.89
CSA Fee		
\$1.89	\$1.89	\$0.00
CSI Health Plan		
\$176.75	\$185.68	\$8.93
CSI Rec Centre CDF		
\$13.00	\$16.00	\$3.00
CSI CDF		
\$27.00	\$16.00	\$11.00
Total		
\$306.75	\$307.68	\$.93

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London will see knight-time

By PETR CIHACEK

The greatest knights in the world will swarm London, Ont., to compete in the largest and most prestigious heavy-armor competition in 500 years.

The Dragon's Lair 2004 International Jousting Tournament will take place in July. For three days, the John Labatt Centre in downtown London will become a splendid medieval battlefield where Shane Adams from Cayuga, Ont., will fight to defend his title of the world's best knight. And the captain of the national jousting team Knights of Valour works hard to get ready for the championship.

"I train every day," said Adams. "I usually spend two hours in the gym and another hour and a half on horseback."

Every day, Adams has to balance training with resting pulled muscles and healing injuries he suffered in other competitions. It's a never-ending battle he said, adding that the most common injury is a dislocated shoulder or broken hand. But no injury could be serious enough to stop this fearless knight from participating in the glorious London tournament and competing for the title of World Jousting Champion.

"The elite of the elite will be coming up. It's such a unique event."

*Holly Kjeldgaard,
Labatt centre
assistant general manager*

Besides the prestigious title, the conqueror will also receive a \$1,750 purse. But for Adams, whose childhood superhero wasn't Batman or Spider-Man but



(Photo by Petr Cihacek)

Members of the Canadian jousting team Knights of Valour, James Merilees (left) and Shane Adams, displays their skills at Casa Loma in Toronto. Adams and Merilees are readying to compete at an international jousting tournament in July in London.

Robin Hood, there is a more important reason why he keeps pulling his muscles and breaking his bones.

"I'm just a little kid living my childhood dream," he said, adding that he's loved jousting since he was four.

In July, it will be the second time for Adams and the other knights to compete in London.

Last year, the Labatt centre hosted the largest jousting tournament in 500 years as 40 knights from seven countries competed in light-armor and heavy-armor games. This year, warriors will be competing in heavy armor only, making it

the largest heavy-armor tournament since the 16th century.

"The elite of the elite will be coming up," said Holly Kjeldgaard, Labatt centre's assistant general manager and director of marketing. "It's such a unique event. It's not like anything else, it's something you have to see."

So far, there are 16 men and four women registered for the tournament. They are from Canada, U.S., England, Holland and Australia.

On July 7, 8 and 9, those brave warriors will try to knock their opponents off their horses in five fierce sessions of heavy-armor and open-gauntlet competitions.

And spectators should get ready for a ferocious hardcore battle.

Knights are often called modern-day gladiators and jousting has the reputation of being one of the roughest and most extreme sports in the world. Even though they are protected by 50 kilograms of stainless steel armor, jousters always get some bruises or fractures as they collide at a force of almost 100 kilometres per hour, striking each other's chests or head with lances.

"Those guys really get hurt," said Kjeldgaard. "This is a real thing."

But crunching of bones and fierce fighting won't be the only

thing to hear and see at the tournament. The event will also include medieval musical and comedic acts and a parade through downtown London where spectators will get a chance to admire the knights' splendid horses and marvellous costumes.

Tickets for the event are available at Ticketmaster and range from \$20 to \$25. For children, the fee is \$15.

Last year, 15,000 people saw the spectacular show.

"We are hoping for 20,000 this year," said Kjeldgaard. "Ticket sales have been good so far (even though) our heavy advertising won't kick in for a while."

Memory stolen from college computers

By CARLA KOWALYK

On March 16, Conestoga College students were once again deprived of the use of school equipment that they had paid for in their student fees.

Memory was ripped out of a number of computers in Room 1C9.

Al Hunter, chief of security at the college, said stealing memory from these computers would have taken a lot of hard work.

"Whoever did it was able to move the chase around and get their hands inside the computer's tower," Hunter said. "After that it's just a matter of pulling out a chip."

Hunter said he's getting tired of

all the thefts going on at the school because it disrupts the learning of students.

"The computers look fine until you boot them up," he said, "but then it won't load because there's no memory. So those computers really aren't any good to the students."

Hunter pointed out that incidents like this one make it tougher on

security because they have to toughen the rules of computer lab use.

"I'm not saying students are responsible for the stricter rules," Hunter pointed out. "It's just that we now have to have the cameras and extra patrols where as before we didn't."

The theft has been reported to the

Waterloo Regional Police and is still being investigated, but Hunter said that any student with knowledge of the crime should contact security so they can handle the situation.

"We can't be everywhere but we try to be," Hunter said. "The students are our best resources — they can help."

Conestoga hosts 16th annual ECE conference

By JASON SMITH

Southern Ontario's largest conference for early childhood education practitioners, administrators and future professionals was held at Conestoga College on March 26 and 27.

More than 500 participants attended the two-day conference, which was the 16th annual ECE professional development conference.

Dubbed Early Childhood ... Where It All Begins, the seminar

began with opening remarks and an awards presentation to three exceptional local early childhood educators.

Two of the three awarded were Conestoga's Samantha Harper of the Doon campus child care centre and Mark Sommer of the Waterloo campus child care centre. Harper was recognized with the exceptional teacher award and Sommer was honoured with the cooperating teacher award. The other recipient was Saginaw's Debbie Ainley, who was awarded the exceptional edu-

cator award.

The keynote speaker at this year's event was author, aviator, photographer, motivational speaker and "entrepreneur of life" Carl Hiebert.

Hiebert has been confined to a wheelchair ever since breaking his back in a fluke hang-gliding accident in 1981, but has achieved many great accomplishments in his time.

He became the first paraplegic flight instructor in Canada after opening his own flight school,

became the first person to fly across Canada in an open-cockpit ultra light aircraft and is the author of two best-selling books: Gift of Wings, highlighting his flight across Canada in the ultra light craft; and Us Little People, a look at Old Order Mennonite children.

Hiebert uses a thrilling and touching slide show of his epic flight to help demonstrate "how your attitude will make or break you, the importance of reaching beyond imagined boundaries and

that risk-taking is vital for growth."

The remainder of the weekend consisted of an information fair, 31 workshops, presentations and seminars. There were many different topics, all reflecting current issues, techniques and approaches relevant to the practice and development of those in the field.

The conference was sponsored by kidsLINK Preschool Support Services, the Region of Waterloo Children's Services Division and Conestoga's early childhood education program.

Anti-Semitic violence affects everyone

During the Second World War Jewish people were persecuted for no other reason than they were Jews. Lives, families and dreams were shattered by one ruthless dictator who saw Jews as inferior. It was a nightmare.

Lately, Jewish people have been targeted again. The City of Toronto has come under attack by shameless vandals who have no respect for themselves, their city, or the lives of the people around them.

In the Greater Toronto Area (GTA), Jewish cemeteries have been desecrated, homes of Holocaust survivors defaced, synagogue windows broken. But more importantly, the heart of the Jewish community is shattered. Our community is shattered.

Anti-Semitic violence affects us all.

We are in this together, we are no different. It could be our school, our church, our faith.

The anti-Semitic acts that have crippled Toronto are perpetrated by uneducated cowards who don't have a strand of moral fiber in their body. They come out at night; afraid sunlight will bleed through their empty soul. Afraid their hatred will have a face. Afraid to be judged by the very people they are so wickedly persecuting.

Yet these people live among us. They run our government, handle our money, and take care of our children. To this day, some private clubs in Canada still reflect anti-Semitic views. It's a shame.

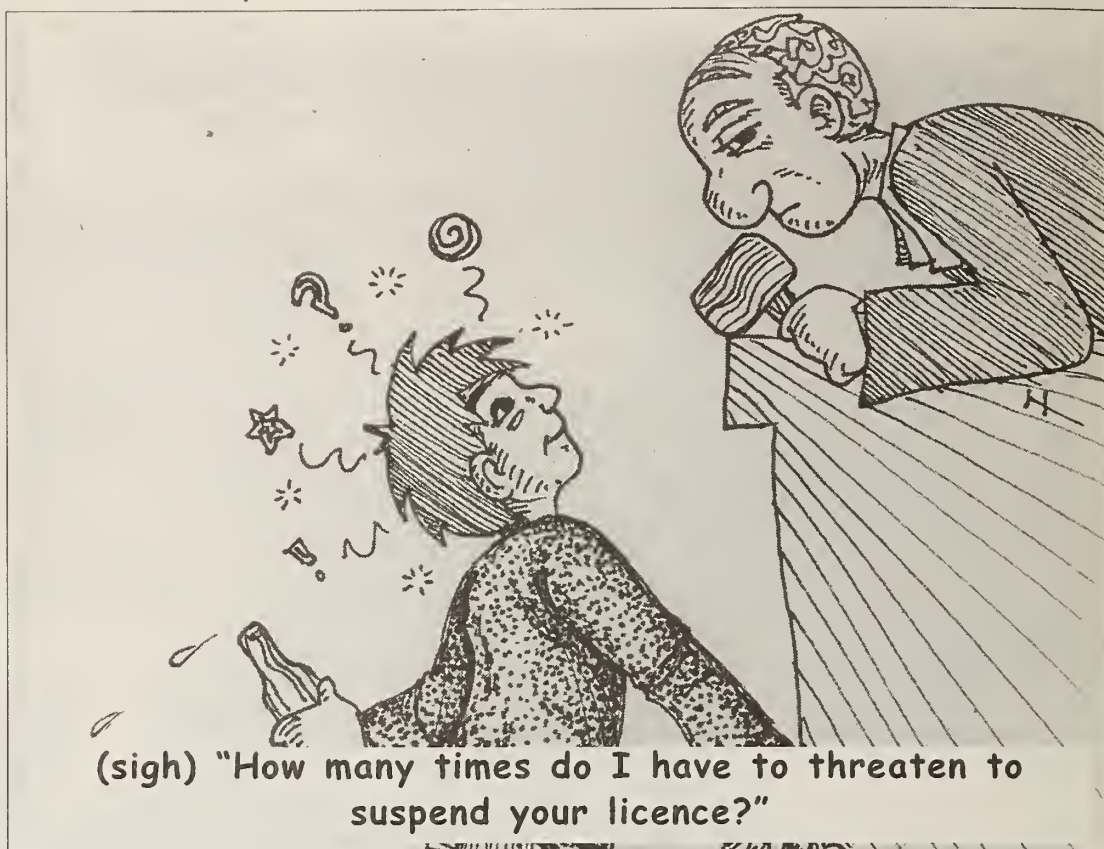
Consequently, we don't know who these criminals are. These actions may seem dim and childish, but there is no stereotype for hate. There are around six million people in the GTA and they all fit the profile; we all fit the profile.

The perpetrators are expressing an opinion they are entitled to have, but doing so illegally through graffiti and acts of vandalism.

And they must be caught.

They must be brought out of the darkness and placed in the public eye. Yet, no punishment will fit the crime, no conviction will repair the glass, no jail sentence will erase the memory or ease the pain.

Hate crimes cannot be rightly served by justice. They can only be identified and not forgotten. When the perpetrators are caught we must shine a light on their face. We must plaster them on the radio, newspaper, and TV like they plastered hate in our community. Only then will they be able to comprehend the embarrassment they caused the Jewish people, the community and the country.



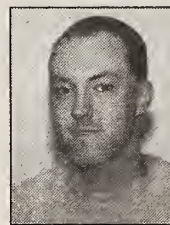
Crack down on drunk drivers

Unfortunately, there will always be people who drive while intoxicated.

Many of them will make it to their driveways and no one will be any the wiser, or hopefully, they will be stopped by police. But some will not arrive home or be pulled over. They are the ones who run off the road or crash into other vehicles, killing and maiming others.

And what is their sentence after their sometimes deadly and senseless act? They receive house arrest and lose their licence for a few years.

This growing trend has caused Mothers Against Drunk Driving (MADD) to start a national petition demanding an end to conditional sentences for drunk drivers who have caused a fatality or critical injury. They are requesting that the federal government abolish house arrest as a sentence and adhere to jail terms for offenders. They want to record a minimum of 4,000 signatures and then take the petition to Ottawa.



Jason Noe

Opinion

There were many conditional sentences that spurred their decision, including a local case, where a 34-year-old Waterloo man was sentenced to two years of house arrest after driving intoxicated and striking and killing a 21-year-old man in March 2001. The accused, who will be serving his time at his parents' farm, is currently appealing the conviction.

A few years ago, the maximum sentence for these crimes was increased from 14 years to life imprisonment. In 1996, Parliament authorized conditional sentences in drunk driving cases.

Since then, the group has seen several individuals sent to their homes instead of jail after they were convicted of killing or injur-

ing others while impaired behind the wheel.

Two weeks ago, an intoxicated Waterloo man who struck and injured a cyclist, received a 90-day jail term that he will serve on weekends. Also, he will not be allowed to drive for three years. The victim received severe head injuries, but was not killed in the accident. He was one of the fortunate ones.

As drivers, we have a responsibility to those we share the roads with, including cyclists and pedestrians. And we are taught at an early age that drinking and driving is wrong and it kills people. Those that are impaired make a decision to get behind the wheel, knowing full well the potential consequences of their actions. They just believe it could never happen to them or they will not be pulled over. If you do it long enough, you gain confidence, until that one fateful day when it all comes to an end.

I believe that if you make a decision to drive while intoxicated



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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LETTERS TO THE EDITOR

Calender upsets resource group

The article, *The Sexier Side of Broadcasting* published in *Spoke* on March 15, 2004 had a rather misleading headline. Nowhere in a professional organization, not to mention broadcasting, is the term "sexier" used. Perhaps that is our point.

The purpose of college is to prepare students for a professional career which includes self respect, professional ethics and standards that not only meet personal integrity, but encompass the intent of Human Rights Legislation.

We have seen both calendars and admit we were shocked to see our students objectifying themselves for the sake of raising money.

Can it be that the students really believe that this form of media would be acceptable or celebrated?

Perhaps the students can feel good about their passion for developing the project and seeing it through, but to call it creative is preposterous.

What has been created is two calendars that objectify men and women for the purpose of making money.

It is ironic that in the same issue of *Spoke* another article was featured about the Body Shop which is promoting its fundraiser to increase awareness about stopping violence against women. Perhaps the broadcasting students should read this article to understand the difference between being part of the problem rather than the solution.

Broadcasting students should understand that their fundraising project could perpetuate negative attitudes toward women and that there is a relationship between objectifying women and violence.

We recommend that the students view the video *Still Killing Us Softly* to gain a better understanding of their role in the media. This video can be found in the Conestoga LRC. Mounting evidence suggests that negative perceptions of women can affect women in real life.

Furthermore, women in particular, need to pay attention to the consequences of their choices when using their bodies for commercialism.

We sincerely hope that in the future students featured in the calendars are not subjected to ridicule or public embarrassment if the calendar is circulated in their workplace.

The Women's Resource Group of Conestoga College does not endorse this calendar and encourages all students to make positive choices toward building their professional career.

Deborah Cox
Faculty Member

On behalf of the Women's Resource Group of Conestoga College

Calender is unprofessional

On March 16, 2004, I read the spread in *Spoke* about the broadcasting students' calendar. If you missed

it, these students appear in two different calendars, one male, one female.

They are in various states of undress and seductive poses.

What is strikingly obvious from the covers is the difference in tone between the male and female versions.

The creator called them beautiful, the journalist called it the sexier side of broadcasting. I call it unfortunate: in bad taste and unprofessional.

In the same issue of *Spoke*, there is an article about the Body Shop of Canada and their 10-year campaign to Stop Violence Against Women.

Only a month ago, our school newspaper published all the winning stories and poems submitted by students of Conestoga College to a literary competition about women and violence. These were personal and powerful stories that made it perfectly clear that as a society we still have work to do to make our communities safe for women.

These calendars are a set-back to the pursuit of ending violence against women.

We know that representing and selling females as bodies to gape at impacts on the respect we have for ourselves and expect from others. Years ago, Conestoga College, through education of employees and students, dealt with sexism and the poisoned environment it creates.

A calendar such as this would not be allowed to hang on the wall in someone's office.

It is never OK to objectify women or men as sexual objects for the purpose of financial gain, sensationalism or voyeurism.

Nor is it OK for our college community to support this in any way.

These students are beautiful, intelligent, skillful and talented. They have great careers ahead of them.

That is what I want to sell and celebrate to the college community and the public.

Joan Magazine
Student Services

Religious cartoon in poor taste

I work for a small weekly paper in Western Ontario and I thought your March 15 editorial cartoon was done in poor taste. I'm not Catholic, but I do have a very serious religious faith.

The cartoon just seems to go a bit overboard. God does love and to put that sign in the same cartoon as a priest who you seemingly labeled as gay and a child molester is totally uncalled for.

I'm not blind or deaf, so I do realize that the Catholic Church has some serious issues to take care of and address.

But I feel by printing an editorial cartoon like that you're pretty much grouping many religions together and giving them all a black eye.

Most religious organizations are great and do wonderful things for so many people around the world.

David Mowbray

The objects of my affection

In 20 years I'll look back on my days at Conestoga College and hopefully have a few good laughs.

I'll glance through old issues of *Spoke* and read stories that I will have forgot I wrote, reminisce on pictures I took and remember the brilliant people I met along the way.

It will be a scattered bunch of memories that will bring a smile to my face indefinitely. It was a pivotal time in my life that helped shape the person I one day hope to become.

Sometimes memories aren't enough though. It's always nice to have a picture of myself, of my friends or of my journey.

Perhaps a calendar would be the perfect memento. Wow, those broadcasting students have the keepsake of a lifetime.

After looking over the calendar the broadcasting students produced I was a little bit jealous. They have created something that captured a time when learning was fun and beauty was theirs. Not to say these students won't always be beautiful, but it's nice to remember the younger years sometimes.

I was shocked to see such negative feedback from so many people around the school. The calendar is being called disgusting and unprofessional.

I would like to take this time to welcome everyone to the year 2004. It may offend some people but today sex is what sells. The men



Blake Gall

Opinion

and women in these calendars are having fun. What some regard as objectifying themselves, others may see as being proud of their beauty. Too often we are told to hide our curves, cover up our flaws and disguise who we truly are. It's rare that we are encouraged to show the world what we have to offer, physically and mentally, without someone critiquing our actions.

The calendar may be nothing more than an object, but the viewer must realize the people inside are real. They are students of this school working to achieve a dream. Perhaps this concept is too much for some people to grasp.

When I turn on the television I can't seem to escape the constant flood of public figures being blamed for the actions of children. Britney Spears is not a good role model because her clothes are too sexy.

Well guess what? If your children are idolizing Spears than you must be doing something wrong. When I was five my mom was my role model. She was in my house every day; I actually knew her. She taught

me what was right, what was wrong and what was all in good fun.

This calendar is an example of people having fun while others look at it as a way to blame the media for society's problems.

What bothered me more about the negative reaction was that people seemed to be forgetting that calendars have become a mainstream vehicle to make money.

Firefighters across the country put out annual calendars, numerous TV shows have them and even the Trading Spaces crew from TLC has a year-end pictorial. Some people have even gone so far as to say the women of the calendar are promoting violence against women. A sexy pose promotes nothing. I was always taught that image has nothing to do with rape and violence.

Power is what predators seek.

If anything, these women are empowering themselves with this calendar. They posed, as they wanted to, showing their personal beauty.

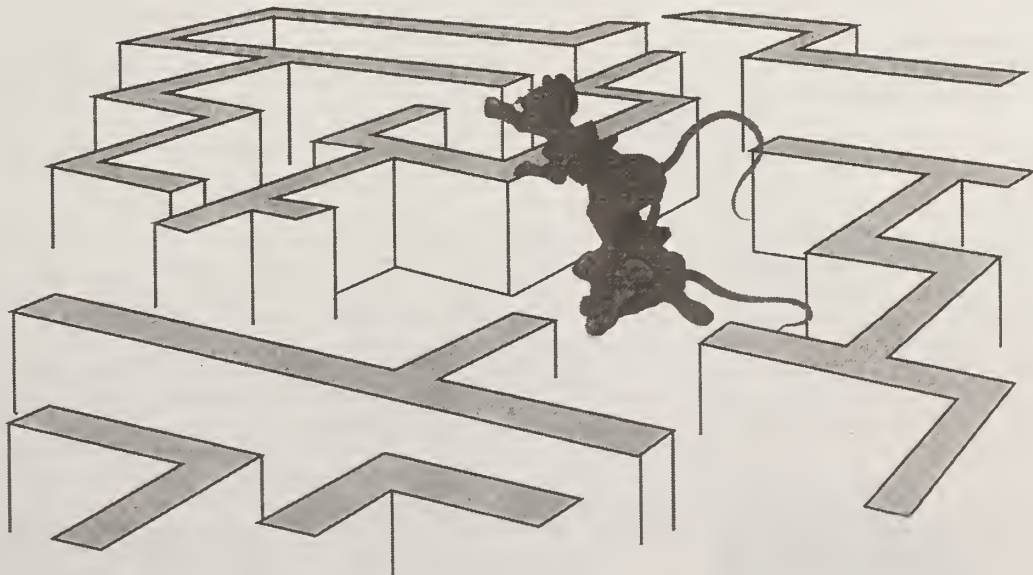
I applaud these men and women, wish them the best of luck with sales of the calendar, and hope they all achieve everything they could ever dream of.

While interacting with them, I've realized they have brilliant minds in beautiful bodies, which may be too much for some people to handle.

But I commend the work they've done and only wish that I could grace one of the pages someday.

IMPORTANT REMINDER

**Application deadline to request tutoring
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College diploma should be better recognized

University lovers can take their noses out of the air because a college education nowadays is just as valuable as university. Too many people fail to see it or simply refuse to accept it.

Too often I hear negative comments about attending a community college over a university. For instance, during a recent internship at The Record I interviewed a man who clearly thought less of me for having only been to college. He bluntly asked what my credentials were. But I obviously responded incorrectly when I said college.

"Oh, just college," he said unenthusiastically.



Carla Sandham

Opinion

As if I had not been turned off enough by this guy's cold reaction, I was recently shot down again along with thousands of other college grads and students.

During a program advisory committee meeting at the college, professionals from my field — journalism — gathered to talk about my program and the industry.

But some depressing and disheartening information poured out of the mouths of my potential employers.

In so many words, they said a university student with no writing experience would be hired over a college grad that has worked on a school newspaper for two years.

It's a brand, like GAP, that's all it is. The word university splashed across a resume brings on the same feeling one would experience when buying a GAP shirt over a Wal-Mart brand. The GAP shirt and university both cost more than the other brand, which makes it seem better. In reality the quality of the Wal-Mart shirt could be just as good if not better than the GAP.

Conestoga has realized this and is

currently trying to establish its own brand as an institute of technology and advanced learning.

More and more colleges are starting to offer degree programs enabling their students to compete with those in university. But it works both ways at Fanshawe College in London. The college has seen the need for its students to get university experience, but University of Western also sees the value in a college education. The university has teamed up with Fanshawe to offer college students theoretical learning, while offering university students practical experience. There, the stigma of college is being wiped away, proving one is not better than the other — only different.

I don't understand why people and employers think a university graduate is more qualified than a college graduate.

Do they think we lack intellect, because we don't sit through hours of droning lectures on how to think?

Some say university students are book smart and college students, street smart. And in a way I believe that, but who says we can't be both. We have exams, learn theories, read textbooks, but also have the smarts to save ourselves a few thousand dollars by going to college.

In two months, when I walk on stage dressed in my graduation gown and hat, I am going to stick my nose in the air because I am proud to

We are today's alienated youth

While political parties vie for their positions in the upcoming federal election,

Ontario's youth will likely be less interested than ever. Of all the age groups, ours (20-30 years of age) is the least likely to vote in an election.

In order for the youth of tomorrow to become more interested and involved in politics, changes have to be made.

Currently, citizens feel separated from politics and politicians, in part, because of the way in which most people vote and our lack of representation at all levels of government.

Today, many voters don't vote to elect someone to office, but vote to prevent someone from entering office. Jack Layton, the leader of the NDP, has long argued that the voting system in Ontario should be changed.

Layton wants proportional voting in Canada. Essentially, a party that receives 20 per cent of the vote would receive 20 per cent of the seats. In this way, voters could then vote for their candidate knowing that the more votes they received the better representation they would garner.

Furthermore, many young voters share little in common with today's media savvy politician. Many feel that politics is still controlled by an old-boys club. I feel



Jeff Morley

Opinion

that today's politicians don't know our issues, nor do they know how to relate to us. They don't seem to know or understand the challenges that face students, young workers, or young families.

However, it doesn't seem that the way in which Canadians vote is going to change anytime soon. Subsequently, we have to work in the current system. While most of us our jaded and disenfranchised with government, the only way we can make change is to participate in some way.

Let your local MP know your issues and concerns. They are still our elected representatives and have a duty to hear us out. Also, get involved in politics in some way. Even at the municipal level you can make an impact on the local issues in your community.

Better yet, run for local office, sit on council and get involved. And finally, while it may seem boring, go out and vote. People die for the right; we should at least exercise it.

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Raising money is as easy as a walk in the park

By JASON SMITH

It's almost time to strap on those walking shoes and toss the leash on your favourite four-legged family member.

May 29 marks the date of the third annual Lions Foundation of Canada Walk For Dog Guides in Kitchener-Waterloo.

The worthwhile and pet-friendly event highlights the work and contribution of canine vision, hearing ear and special skills dog guides to improving the daily lives of Canadians with visual, hearing, medical and physical disabilities.

The event, known as "a fun five-kilometre walk for people and pooches of all ages," takes place all over Canada and helps raise funds in order to provide dog guides free of charge to Canadians who need them.

Kitchener's Walk For Dog Guides has its own unique history. The walk is held in memory of Rita Francois, a local woman who formerly had a special services dog.

After Francois's death, her family, including grandson Luc Perreault, a second-year police foundations student at Conestoga decided to bring a dog guides walk to the Kitchener area.

The Perreault family decided they wanted to keep the dog, as it had become an important part of

their family. Upon contacting the Lions Foundation of Canada and keeping in mind that these special services dog cost approximately \$10,000 by the time they're done training, the foundation told the family the dog was so upset about his owner's death that she wasn't fit to work any longer. The four-footed friend of the Perreault's was allowed to stay with the family and is the reason the walk was brought to Kitchener-Waterloo.

"My mother and I felt like we actually owed the foundation something," said Perreault. "So we got the walk going to kind of pay back the foundation and for other people to be able to get the dogs they need."

The walk has grown in popularity every year and Perreault said he is very happy with the support his family and the foundation have received from the community.

"It's growing every year. As for this year, so far it sounds pretty good. The numbers keep growing so it looks good from here." K-W helped raise \$8,500 in the first year of the walk and attracted about 150 dogs and 100 people. Last year's numbers increased greatly as the walk raised a total of \$16,500 and brought 200 people and 250 dogs together for a very worthy cause.

People and dogs of all ages and abilities are encouraged to come out



(Photo by Jason Smith)

Luc Perrault, co-chairperson of K-W's Walk for Dog Guides, proudly displays this year's pamphlet and pledge form.

to the walk, although you do not have to bring a dog to participate.

Admission is free and all the Perreault family and the Lions Foundation of Canada asks is for participants to raise pledge money to help meet the growing demand for dog guides in the country.

Participants collect money all the way up until the day of the walk.

You can bring your pledge sheet and money to the walk or you can mail them. However, if you bring your pledges to the walk, you will be in line to receive some great incentive prizes starting at the \$100 pledge level. Prizes include T-shirts, sweatshirts, vests, CD holders, travel bags and gift certificates from SuperPet.

The Walk For Dog Guides takes place at the Waterloo Park in the hospitality area. Registration is at 8:30 a.m. and the walk begins at 9:30 a.m.

For more information or to receive a pledge package and pamphlet call 742-5280, e-mail kwwalkfordogguides@hotmail.com or log on to www.dogguides.com.

Murder on the menu at alumni banquet

By TIM MURPHY

Murder will be the theme at Conestoga College's Alumni Association banquet March 27.

Monica Himmelman, alumni services officer, said Murders Tastefully Executed, a company that stages murders, was hired to entertain for the evening.

The company brings in actors to play various roles, and through clues, the audience members solve the case.

"It's going to be great fun," Himmelman said.

The event will be held at the Wings of Paradise butterfly conservatory in Cambridge.

"The purpose of the event is to recognize the volunteers that have made the past year so successful," she said.

Playing the fool for more than a century

By JASON NOE

A young woman strolls down a college hallway on her way to class. As she turns a corner a classmate greets her.

"Hey, class is cancelled the teacher is sick," said the man.

"Really?" asks the woman excitedly.

"No, April Fool's!" exclaims the man.

It's happened to all of us at some point. We've all been a victim of a stupid April Fool's joke and it is usually never funny. However, the origin of April Fool's Day doesn't have anything to do with jokes, it relates back to the changing of a calendar.

The history of the foolish holiday is not straightforward as there was never an official April Fool's Day. People theorize it caught on in many cultures from celebrations involving the first day of spring.

The beginning of this tradition occurred in France during 1582. Previously, the new year had been celebrated over eight days, starting on March 25. The festivities

ended on April 1, when the Gregorian calendar was introduced and New Year's Day was shifted to Jan. 1.

However, it took a long time for news of the change to spread and some people did not get the message for years. The more stubborn individuals did not accept the new calendar and they kept celebrating the new year on April 1. Everyone else eventually called these people fools and some were even ridiculed and made the butt of jokes.

The ridicule changed over the years to simple prank-playing once the calendar struck April. The evolving custom reached England and Scotland before arriving in the American colonies of both the English and French. And the rest is history, as the day has always remained a favourite for practical jokers and those seeking a laugh at the expense of their friends and family.

So if you hear the famous words "April Fool's" this week, be sure to think of the French who placed a giant "kick me" sign on the rest of the world.

You live, you learn

By TIM MURPHY

It was a learning experience for Waterloo regional staff when a backhoe struck a 20-inch crude oil pipeline in the village of Ayr.

Fortunately, this event was just a simulation.

Emergency measures exercises took place in the offices of 150 Frederick St., Kitchener, on March 22, to test the region's emergency response plans.

The event was organized by Bruce Hunter, the region's emergency measures co-ordinator, and Beth Carter, a communications assistant. "I wouldn't be surprised if my boss fires me at the end of the day," Hunter joked before the exercises began.

Many of the simulators were new to the concept of an emergency simulation, so a few errors were expected to happen during the day.

"This is my first time participating in an emergency exercise, so it will be a learning experience," said Carter.

Regional staff was given the scenario of a backhoe setting off an explosion which created a poisonous cloud of gas leaving three dead. It was then up to staff to determine what actions the region should take.

The catch was regional staff

would be under constant harassment from simulated media, concerned citizens, social services groups and urgent calls from emergency crews.

The staff handled the situation with relative ease, cutting power and gas and evacuating a 1.6-kilometre zone of people who were at risk from the poisonous gas.

With suggestions of terrorism and accusations of incompetence, the staff was forced to deal with hundreds of phone calls.

The staff did not, however, handle the media very well.

When questioned on suspicions of terrorism, the police, fire and EMS participants refused to confirm or deny the allegation.

According to Carter, that was a huge mistake. She said emergency services personnel should always deny claims of terrorism.

"We've heard reports that this may be terrorism. Is this ABC Construction company actually a group of terrorists?" demanded Olaf Heinzel, public relations officer for Waterloo regional police, who was playing the part of a journalist.

Uncertainty was the region's answer. Overall, the exercise was successful in testing the plan, and evaluators will be examining the performance of staff to see if changes will be necessary.

Fond memories of LRC staff member

By REBECCA LEARN

Two anthologies were donated to the Learning Resource Centre (LRC) in memory of a beloved member of the LRC staff who died of cancer.

Anne Earl worked in the LRC for many years. She began working in the library at the Cambridge campus in the early 1970s. Earl then came to

Doon campus, worked at the Waterloo campus for a while and eventually returned to Doon.

Earl's family and co-workers gathered at the ceremony on March 23, where the two books were presented.

The books have a nameplate and memorial inside the front cover and are filled with stories written by Canadian women. Anne had worked with the women's resources depart-

ment, helping them choose book titles.

Earl's co-workers then spoke about the time they had spent with her, sharing family stories and recipes and looking at her needlework.

A few retired LRC staff also attended the ceremony, along with a member of the faculty of the graphics program. Anne was the liaison for the graphics program as well.

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Breathe in rejuvenation with aromatherapy

Essential oils and fragrances can help affect the mind and body

By LESLEY LEACHMAN

It decorates grassy hillsides with clusters of purple and carries its gentle scent on the warm summer's breeze. For centuries, lavender has been used to rejuvenate homes and adorn gardens.

But for Jan Scott, of Kitchener, lavender is more than a decorative plant. For her it serves as a gentle healing method, known as aromatherapy.

Scott had suffered from sleeplessness for many months. Night after night, she would lie awake in bed unable to sleep. It started to affect her memory as well as her overall health.

She had tried several traditional medicines, but nothing seemed to work. It was then that she turned to aromatherapy.

"I had seen an advertisement for it in a magazine," explains Scott. "I thought I'd give it a try. It worked well for me."

Aromatherapy is an alternative healing method that uses essential oils and fragrances to affect the mind and body. According to Scott, different scents such as lavender and vanilla are said to have the ability to reduce stress and help treat other ailments like sleeplessness and some behavioural disorders.

Aromatherapy has been used throughout history to ease pain and suffering. The ancient Greeks were

known to carry myrrh (incense made from tree sap) to the battlefield to heal wounds. Romans used oils in their baths to relieve tension and soothe aching muscles.

Scott explains that most aromatherapy treatments rely on the use of essential oils from different healing herbs. Oils extracted from

inhaled, it stimulates the pituitary gland, releasing endorphins which increase sexuality.

Scott was treated for her restlessness through lavender oil massages and by burning scented candles at night. However, Shelly Lundy, who has worked as an aroma therapist for 10 years, explains that aromatherapy can be applied in several different ways, depending on the sickness.

Massaging the oils directly into the skin helps relieve muscles sprains, body aches and stress.

Diffusion is also another treatment.

Lundy suggests spraying an essential oil into the air, as this will calm nerves and help respiratory conditions. To use this method add about eight to 10 drops of essential oil blended with six teaspoons of water into a spray bottle and use it before bed.

Also, cold compresses can be applied to the forehead to ease headaches. Blend five drops of essential oil with a cup of water and soak a cloth in the remedy for 15 minutes.

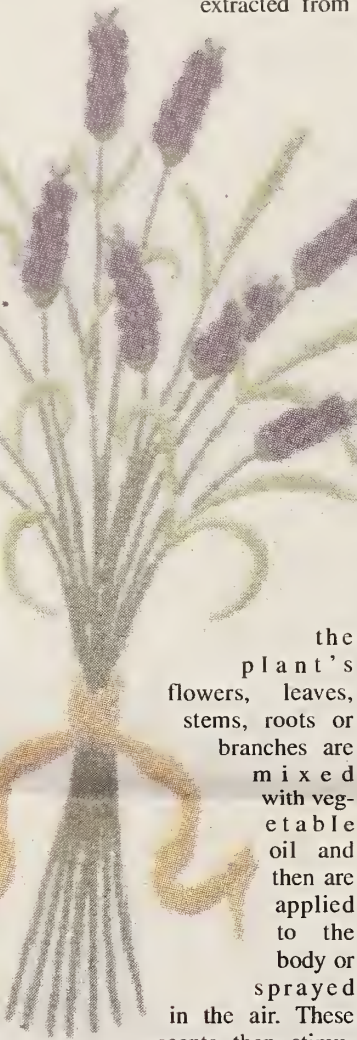
Lundy learned about aromatherapy from her mother, who is also an aroma therapist.

She says she grew up with this alternative healing method all around her.

As a child, her warts were treated with tea tree oil and her anxiety was relieved with chamomile.

She firmly believes that aromatherapy is a healing method with great benefits.

"It works with the body, instead of intruding inside it," she says. "It's also inexpensive compared to some medications. Aromatherapy can have wonderful effects if done properly."



the plant's flowers, leaves, stems, roots or branches are mixed with vegetable oil and then are applied to the body or sprayed in the air. These scents then stimulate glands in the body. For instance, ylang ylang is considered to be a mild aphrodisiac. When



(Internet photo)

Aromatherapy is an alternative healing method that uses essential oils and fragrances to help affect the mind and body. These scents can help reduce stress and treat some ailments.

However, Lundy warns that aromatherapy is not harmless and should be used with caution.

Lundy adds that people with sensitive skin should also use aromatherapy with caution, because some oils can cause rashes.

Additionally, she warns that aromatherapy is no substitute for traditional medicines if you are truly ill.

"It can help change your emotional or physical state, but it cannot cure diseases or ease chronic pain," warns Lundy.

But if you are interested in this alternative healing method, Scott strongly recommends giving it a chance.

"Don't be afraid to try new things," she says. "There is something to be said for a method that is so ancient."

"There is something to be said for a method that is so ancient."

*Jan Scott,
aromatherapy user*

"Never ingest an essential oil," she says.

"And pregnant women should avoid aromatherapy as it has been known to sometimes affect the uterus."

A little Mocha anyone?

By KATE VANDEVEN

You may have heard Mocha weekday mornings on 91.5 The Beat, until recently when AJ took over.

But don't worry, Mocha hasn't gone anywhere, he's just switched over to the evening show.

From 7 p.m. to midnight, he can be heard, same voice, same enthusiasm, just a different time.

Mocha grew up in Scarborough, Ont., after he finished his two-year radio-broadcasting course at Seneca College, he began his career at Kiss 92 in Toronto.

From here he went to Kiss 9.69 in Calgary, then back to Kiss 92 as assistant music director. Once Kiss 92 switched over to Jack FM, Mocha worked on production and produced the morning show. And from here, well The Beat he came.

Doesn't his radio career sound familiar, maybe the same as another Beat DJ.

If you listen to 91.5, you'll have heard Mocha and Kwame refer to each other as brothers, although

this is not true, they have become really close since they've followed each other throughout their careers.

Mocha says they help each other out at each station they work at.

Mocha's love for radio began at a young age and by the time he reached 14, he knew that he wanted to be a DJ.

"I'm living my dream job right now."

*Mocha,
music director for The Beat*

He has been collecting records since he was 12, and to date, he has over 3000.

So far Mocha says his career has been a "rocky road" but he is where he wants to be.

"It's radio, if you love the business and are passionate about it, you're going to love your role at whatever radio station you work at."

As for The Beat, Mocha hopes to

take it "straight to number one." He wants it to be the biggest and best radio station Kitchener has ever seen.

And he says, "I have no doubt in my mind that we won't be that."

Mocha is not only the evening show host but also music director. Two things he is passionate about, music and being on-air.

"I am living my dream job right now," he says.

When he's not on the radio, he likes to watch TV, read magazines, both Maxim and Stuff, oh and of course music ones.

He says, "I'm an anything kind of guy."

The one thing he doesn't do in his spare time is listen to the radio.

Mocha says he always finds himself critiquing the people on-air, something he doesn't want to do or think about when he's at home.

A look in the future, Mocha says, in 10 years from now, I could still be at The Beat.

"As long as I still have a job in radio and I'm on-air, I'll be happy no matter where I am."



(Photo by Kate Vandeven)

Mocha is both a music director and evening show host at 91.5 The Beat. You can hear him weekdays from 7 p.m. to midnight. Mocha grew up in Scarborough, Ont., and after he finished his two-year radio-broadcasting course at Seneca College, he began his career at Kiss 92 in Toronto.

By MICHELLE TAYLOR

Cozumel, Mexico: destination of my choice

As my hands gripped the seat and I prayed for a safe landing, I wondered how warm the air would feel or what a palm tree would look like.

I had seen pictures of islands before, but I had never been to a tropical place. Pictures just aren't the same.

It was the end of February back in Canada and I was longing for some sunshine.

As the airplane landed, safely of course, I could see the jungle surrounding the airport of Cozumel, Mexico. The rush of warm air that hit me as I stepped off the jet was an instant mood lifter.

That mood was about to change.

As we entered the airport, the sea of people in front of us turned out to be the lineup to go through customs. It was endless.

The cause of the problem started way back in Toronto.

Because of an unexpected snowstorm, we sat on the runway for more than an hour. This caused our plane and several others to be delayed. The result was several planes arriving at the same time.

The worst of it all started when the guards decided to close all the doors. With so many people in one small area, the temperature began to rise. After two hours of waiting, and sweating, I was finally on my way to the resort.

First we had to get a taxi. I was travelling with two of my sisters, my mother and my brother-in-law. We needed a van.

Because we were staying at a five-star resort, shuttles were waiting to take us there. So were a lot of other people.

As we stood on the curb waiting for our turn for a shuttle, drivers were running around herding groups of people into vans. Once they saw our group of five, it was a mad dash to get us into a van that

seats 10. We were told to get into the van while the driver went looking for more people.

He found a lot more people. As seven more people squeezed their way into the van, my anxiety levels increased. I had just gotten off a cramped plane and now I had to get into a cramped van. Claustrophobia was setting in.

As soon as all the people were in, the driver made a mad dash for the road and sped

through the city of San Miguel. He took us out of the city and onto a two-lane road at more than 100 km/h.

This was not a good start to my vacation.

As we pulled up to the Iberostar resort, everything started to get better. The place was beautiful. As the rest of our family and friends greeted us at the lobby, naturally asking us what had taken so long, I couldn't help but feel relaxed for the first time in months. I was on vacation with nothing to worry about.

I was in Mexico.

Since we arrived late at night, we set out to find our rooms. They were located by the pool and just a stone's throw from the Caribbean Sea. The rooms were round huts with stucco walls and a straw roof. The inside was very modern and complete with a fantastic shower.

It was difficult to find our way around the resort at night, but by daylight it was much easier to navigate. Beautiful flowers and plants graced the pathways as well as a few geckos and lizards. There was also a garden for flamingoes and parrots by the main dining room.

Since we stayed at an all-inclusive resort, we were served three meals a day at the main dining area. The steakhouse by the pool served food until 6 p.m.

The food was excellent. There was so much of it every morning it was difficult to choose what to eat. There was bacon, toast, eggs, fruit, pasta, bread, cereal, etc. The evening meals had just as many choices.

There were also bars everywhere serving any drink of your choice. There was a bar in the pool, at the main lobby and the steakhouse. Employees also served drinks on the beach.

The beach was a little disappointing when I saw it. I was expecting clear, blue water and white sand, but because of high winds and the coral it was a dark, choppy mess.

The sun was great though and the pool was huge. I could have stayed on that resort forever. We were there to attend my oldest sister's wedding, so, after the beautiful ceremony on the beach, we started to explore the island.

Cozumel is Mexico's largest island. It is 28 miles long and 10 miles wide. It is well known for its coral reefs, so it is popular for avid divers.

We rented a jeep for a day and drove around the entire island. It doesn't take long to drive around it and you can't get lost. There is one main road which runs along the coast and leads you straight to San Miguel. To rent a jeep costs about \$60 (US), so you will want to plan your day carefully.

We did find a beautiful beach with clear blue water and white sand. It was unbelievable. We spent a few hours there and then made our way into San Miguel.

San Miguel is a shopper's heaven. It is a small city with markets everywhere. It can take hours to tour just the markets. I found the locals to be very friendly and fascinating.

After San Miguel, we made our way to the Cozumel Country Club. My brother-in-law was hoping to be able to play a round of golf there, but when he found out it was going to cost him \$150 (US) to play on the Jack Nicklaus-designed course, he changed his mind.

Our next stop was the town of Cedral. Cedral is the site of some

small Mayan ruins. I managed to get a few photographs of some rocks and a church.

If you want to see some real Mayan ruins, you will want to take a day trip to Tulum and Xel-ha. For about \$80 (US) you will take a ferry to the mainland and

I didn't get a chance to go on the tour of Tulum and Xel-ha, but I did snorkel at the resort. After a few panicked minutes I got used to breathing through the tube and started to take in the beautiful sights of the sea. From the land you can't tell how many fish are in the water, but once you put your mask in the water, it comes alive with fish of hundreds of colours.

It was paradise.

As the week came to an end, my days of relaxation were over. The flight home was a much better situation than the flight to Mexico. As I left the palm trees and sunshine behind, I thought of the



(Photos by Michelle Taylor)

A man (top) waits to take tourists for a horse-and-buggy ride, while a woman weaves a blanket in the markets of San Miguel.

then a bus to Tulum. Tulum is the sight of one of the world's largest Mayan ruins.

After hiking through Tulum, you can swim in the natural lagoon of Xel-ha with dolphins and sea turtles.

weather at home: dark, cold and wet.

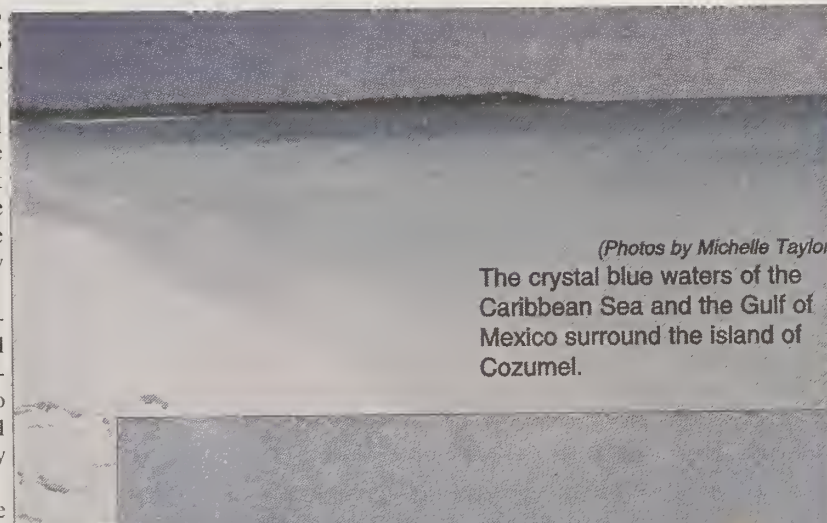
As my mood turned to a sour one, I reminded myself of one thing: I would be back.

No doubt about it, Mexico would see me again.



(Photo by Michelle Taylor)

The inside of the Iberostar rooms was typically modern while the outside was designed like a traditional hut.



(Photos by Michelle Taylor)

The crystal blue waters of the Caribbean Sea and the Gulf of Mexico surround the island of Cozumel.



Time to change our eating habits

By JEFF HEUCHERT

Unless you haven't noticed the posters covering the entrances to the cafeteria, or the giant banner hanging inside, March is national Nutrition Month.

This annual campaign, which began in the early '80s, is run by the Dietitians of Canada.

One of the things the company is focusing on is the importance of healthy eating during school hours.

This of course raises the question, what are Conestoga's students eating habits like?



Fell

Heather Fell, a second-year marketing student, thinks college students have poor eating habits while at school.

"It's a lot easier to just grab something quick than it is to wait in line forever for something that's healthier."

Second-year accounting student Shannon Clarke says although she's a dance instructor and is on a



Clarke

healthy diet, coming to college hasn't helped.

"Since I've come here I've gained quite a bit of weight," said Clarke.

"Harvey's has killed me."

Mark Addison, a second-year architecture student, describes his eating habits as all right.

"I could do with a bit more vegetarian meals and regular eating habits like eating at 6 o'clock every night."

Maria Dahor, a second-year marketing student, thinks she does maintain healthy eating habits.

"I eat healthier at home and I don't really buy food here," says Dahor. "And if I do eat here, I bring my own food usually from home."

First-year mechanical engineering design and analysis student Ryan Costello says he eats healthy, but it's easy for him because he lives at home.

"It's easier for me to eat healthy because my parents will make food and I'll bring food here instead of spending \$8 on a burger."

Costello adds that unhealthy eating is difficult to avoid because around the college there's not many

healthy options.

Rich Beamish, a second-year marketing student, says, "No Harvey's, Pizza Pizza or grease." All he eats is the cafeteria's healthy options such as wraps and stir-fries.

If you're wondering how healthy your own eating habits are there's a simple way to tell.

All you have to do is follow the Canadian Food Guide to Healthy Eating according to public health nutritionist Nadine Devin.

She says if you're eating according to the guide then you'll ensure that you get all the nutrients you need to be healthy.

Devin does understand for college students following the guide is

probably not feasible, so she suggests trying to combine at least two or three of the four food groups into each meal.

"Instead of just a muffin and a coffee, maybe have a small muffin, a yogurt and a piece of fruit to balance it out," she says.

Devin also suggests trying different options at school such as a salad, a sandwich or pasta. Or if you're too busy to stop, bring a healthy snack such as fruit or trail mix.

"Anything that's in line with the Canadian food guide, versus chips or candy," says Devin.

The national Nutrition Month website can be found at www.dietitians.ca/eatwell. There you can find, among many other things, answers to many question pertaining to healthy eating, background information on the event as well as quizzes to test your own eating habits.

Health plan is being used by over half of Conestoga students

12 of Top 25 claims are oral contraceptives

By DESIREE FINHERT

Only 61 per cent of the students covered by the student health plan are using it says Conestoga College's prescription drug company.

Conestoga Student Inc. (CSI) discussed the usage of the student health plan at a board of directors' meeting on March 2.

CSI's general manager Judy Dusick discussed with directors a report submitted by Claim Secure (underwritten by Industrial Alliance Pacific Life Insurance Company) which stated that 61 per cent of the health plan is being used by students.

CSI offers a full comprehensive health plan for full-time students starting in September, January or February with coverage until August.

Students starting in September paid for the \$185.68 health plan with their student activity fee. January students paid \$151.79 and February students paid \$142.39.

Business administration management student Rachel Miller, 21, said she'd like to use the school's health plan, but that she hasn't been given information on it.

"I don't know how to use it, where to use it or how much I get covered for," said Miller. "I paid

for it and I should use it."

Miller said she doesn't know how to take advantage of the plan because there is not enough information readily available on how it works.

"I'm not currently on an oral contraceptive, because I just can't afford it," said Miller. "I haven't been to the dentist in years and I don't know if that is covered through the school."

Making a claim for prescriptions or dental work can be done using your student card. The student card is not active until October and any health coverage needed before that time will have to be paid for in full by the student. The student can apply for reimbursement by saving the pharmacy receipt and submitting it to CSI with a claim form.

Those who don't need or want the school's health plan can submit an "opt out" form for a refund. In order to opt out you must prove that you are covered by a pre-established health plan either by submitting a letter from your insurer or a photocopy of your health card.

Opt-out forms are in the CSI office and can be downloaded online. Submitting this form will guarantee students a health plan refund. However, the deadline for opting out was Sept. 26, 2003 for students starting in September, Jan. 23, 2004 for January enrolments and Feb. 27, 2004 for February enrolment. Similar dates will apply for next year.

Public relations student Amy

Fleming, 22, opted out of the school's health plan.



Fleming

"I have a health plan that offers better coverage for a lot less money than what CSI offers," said Fleming. "My plan covers

everything from prescriptions to dental to eyewear to accidental and medical insurance."

The report also said few students are using the health plan for extended health care, which includes dental and optical needs. The majority of student claims are made for prescriptions.

Early childhood education student Jennifer Lamorea, 22, is pleased with the school's health plan and uses it for both dental and for her oral contraceptives.

"The plan covers better than my dad's plan does," said Lamorea. "The reason I stayed on the school's health plan is because my dad's plan won't cover my contraceptives."

The report said out of the Top 25 drugs claimed by students 12, are oral contraceptives.

Dusick said that's fine. "That's why we have a health plan that covers oral contraceptive," said Dusick.

If you would like to know more about the plan go to the CSI office and pick up a pamphlet. Claim forms are also available.

Condoms won't prevent spread of some STDs

By KRISTEN MCMURPHY

Condoms can prevent the spread of sexually transmitted diseases and can help protect against pregnancy, but sometimes even a condom isn't enough.

Recent studies are finding that condoms – even when used properly – don't prevent all sexually transmitted diseases (STD).

Human papilloma virus, or HPV, is an STD that condom wearers aren't fully protected against.

"Condoms reduce the risk, but genital areas not covered by a condom aren't protected," says Waterloo Regional Health nurse Dianne Rodding.

Human papilloma virus can cause genital warts that can be spread through sexual contact. Unprotected areas of the skin are susceptible to genital warts if untreated.

Some types of HPV are also responsible for abnormal cell changes of the cervix, a dangerous breeding zone for cancer. In America alone, there are 10,000 women diagnosed with cervical cancer every year.

"HPV can lead to cancer of the cervix in some women and can result in death," Rodding says.

The scary thing about HPV is that it can go unnoticed until it's too late.

Rodding says that often there are no symptoms of HPV. This increases the chances of unknowingly spreading the virus through sexual contact.

There isn't a cure for HPV, but there are treatments available for genital warts and abnormal cell changes caused by the virus. Treatment may relieve symptoms and reduce the risk of spreading the virus.

Cell changes caused by HPV may be detected through a gynaecological examination but can sometimes be missed.

Rodding says that abstaining from sexual contact is the only 100 per cent effective way to prevent HPV. For people who choose to be sexually active, using a condom is the safest bet even though it's not a perfect source of protection. Limiting sexual partners can also decrease the possibility of contracting the virus.

If you're concerned you have contracted a form of HPV or would like more information, contact a family physician, nurse or gynaecologist.

workopolisCampus.com
CANADA'S BIGGEST JOB SITE FOR STUDENTS

Conestoga College and workopolisCampus.com have joined forces to make your job search a whole lot easier. Whether you're looking for part-time, summer, graduate employment, or volunteer work, we have postings for all types of available positions. We even post jobs exclusively for Conestoga students. All you need to do is sign up at workopolisCampus.com and enter the Conestoga password, available in the Career Services Office upstairs in the Student Client Services Building, Room 220.

workopolisCampus.com

Conestoga College

Not just one way to do your taxes

By JAMES CLARK

As the old saying goes, there are only two things that are certain in life — death and taxes. Unfortunately, the time has come to do the later.

The deadline to file your 2003 tax return is April 30 and Jim Schwass, a tax repairer at H&R Block on Highland Road in Kitchener, said his company has seen a dramatic increase in the number of students using their services compared to last year. This, he said, is because of a promotion the company is offering to students.

Even though the cost of getting your taxes completed by a professional is going down, students are

still using other means to complete the task.

E r i k Anderson, a second-year general business student, said he made one failed attempt at filling out the return and hasn't tried to do it since.

"My mom had to go through it and redo it for me," said Anderson. "She does it for my whole family."

Heather Yantz, a first-year general business student, said in the past she has paid to get her income tax done by a professional because she had mutual funds. She said she wants to learn how to

do her own taxes in the future so she can save the money it costs to hire somebody.

"I think if students know what they are doing they should do it themselves," said Yantz.

Computer software is now available to help the public do their taxes easily in the comfort of their home.

Nick Groff, a second-year cabinet making apprentice, said

this is how his father does his taxes.

"My dad just throws it on the computer," said Groff. "It helps a lot."

Rob Morris, a sales associate at Radio Shack in Conestoga Mall in Waterloo, says the program QuickTax is popular amongst customers.

The QuickTax website claims the product is the country's best selling tax software.

Of course, a number of students just pass it off onto their parents who, in turn, take it to a tax service.

Aaron Hanson, a first-

year general business student, is one of these students.

"It's too much work," said Hanson. "I don't feel up to the challenge."

Schwass said this is the best method to follow because students or their parents may not know all of the deductions they can make and will not get as much money back.

He also said there are disadvantages to computer programs.

"They're great programs, but they are only as good as the student running them," said Schwass.

Schwass said the most important thing is to make sure your taxes are filled out correctly no matter what method you choose to use.



Anderson



Yantz



Groff



Hanson



(Photo by Jason Noe)

Workin' the beat

A Waterloo regional police officer directs traffic after an accident at the intersection of Homer Watson Boulevard and Doon Valley Drive, on March 19. The damaged vehicle was removed on a flat-bed truck. Nobody was injured in the accident.

QUICK TAX FACTS

Your return should include:

- A T4 slip, which shows tuition and education costs
- A T4A slip, which shows scholarship or bursary income
- T5 slip which shows any income from investments, such as RRSPs or savings bonds.

You can claim moving costs, such as the cost of movers, van rentals, lodging and food costs during the move

You can also carry over unused amounts of tuition and deductibles to the next year



Couch potatoes? French fries? IT ALL ADDS UP!

Couch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XL."

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started.

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include what you eat, how much and the time you eat. After the 3 days ask yourself the following questions:

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?
- 4 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 5 How frequently are you eating?
- 6 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

**Eat right
Exercise too
Ask your doctor
you**



www.participaction.com

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Have you heard about Summer Company? It's an Ontario government program for full-time students aged 15-29. You could get up to \$3000 to jump start your own business this summer - and just as important - benefit from mentoring and hands-on business training that'll last a lifetime. Apply today, and get started on your dream.

Just go to www.ontariocanada.com/summercompany or call 1-800-387-5656. See how we're bringing the entrepreneurial spirit to life here in Ontario, and providing young people like you and small business in general with more opportunities to be part of this province's economic prosperity.

This advertisement is paid for by the Government of Ontario.



Giving kittens a second chance

By TIM MURPHY

Connie Stevens looks after kittens, lots of them.

For the past three years she has been fostering the furry felines from her local animal shelter in Saco, Maine, so that she can nurse them back to health for a family to adopt.

She also writes a daily account of her activities in her online web log, at www.webwmn.com/kittyblog.

"I started the web log because I used to overwhelm my personal web log and some online groups I was on with kitten stories," she said. "Everyone seemed interested, but I thought it more appropriate to start a place where people could come instead of forcing my cute, and sometimes not so cute, stories on people."

She said she first heard of the idea of fostering kittens eight years ago while reading a magazine.

"I went to the local shelter that I was volunteering with at the time and asked if they did that, and was told no," she said.

Full-time employment meant she had to give up her volunteer work, so the idea was put on hold.

She was laid off from her job three years ago in May, and decided again to start volunteering at the animal shelter.

"I found out they were fostering kittens at that time, and jumped right in with both feet. I was given a set of kittens that night," she said.

She took home an older pair of kittens that were in good health, along with all the supplies that were needed.

Veterinary care was also taken care of. The kittens and supplies



(Internet photo)

Connie Stevens holds one of her foster kittens she raises in her home in Saco, Maine. For the past three years she has been fostering kittens from her animal shelter where she nurses them back to health for families to adopt.

come from the Animal Welfare Society (AWS) and continue to belong to AWS while in Stevens care. "I was floored at how much fun they were. No matter what foul mood you're in, they can't help but cheer you up and make you laugh," she said.

Once the kittens become healthy and big enough, they are returned to the animal shelter for spaying or

neutering, then put up for adoption. She said the kittens are usually adopted the same day.

"It is so good for the soul when you see them all grown up and happy and content."

She said most people foster kittens through some type of organization, and are screened to make sure they are suitable caretakers.

"I have two rooms where I can

foster, and was unemployed, so I could devote a lot of time. I had 17 fosters in my house at one time, not to mention my own five cats," she said. She said for the most part kittens are easy to take care of, as most are in good health and well socialized. Common problems with the kittens can include upper respiratory infection, internal parasites, and diarrhea.

"Often kittens are orphaned so young they cannot feed or defecate on their own, so you have to force feed them then clean them up and stimulate them to help them urinate and defecate.

"This can be very time consuming, and once I had a set of six two-week-old kittens, that were getting hungry by the time I had finished with the last kitten, so it seemed never ending," she said. "But watching them grow was incredibly rewarding. Watching them take their first step, the first time they used the litter box, the first time they played."

Stevens said that without foster care, many kittens would have to be euthanized as soon as they were given to the shelter, as many would not survive the shelter environment, and the staff do not have the time to take care of the sick animals.

"There is no way they can care for all the young kittens and puppies that come in," Stevens said, adding "Fostering is invaluable. It is also heart breaking.

"There are times that kittens can not be saved. I had one kitten die in my lap from pneumonia," she said. "All foster parents can do is grieve for the ones they have lost, and remember all the ones they save."

She said young and sick kittens become very people oriented once they have healed because of the close contact with their caretaker.

"I have often been told that I 'make' good kittens. Healthy, vibrant, energetic, cuddly, outgoing. I know that I'm bringing joy into other people's lives, because of the joy my own cats bring to mine."

COUNSELLOR'S CORNER: *Finances*

Are financial pressures creating stress for you? Is it difficult to concentrate on studying because you're not sure if you can pay the rent or buy groceries this month? There are a number of things you can do to help ease your financial worries.

If your financial situation has changed, check with the Financial Aid office to see if you can have your OSAP entitlement reassessed. They also have information on bursaries. The Conestoga College bursary is available to all students. There may be some other bursaries and scholarships available for students in specific programs. Scholarships and awards available for students in each program are listed in the Student Procedures Guide you received at the beginning of the school year.

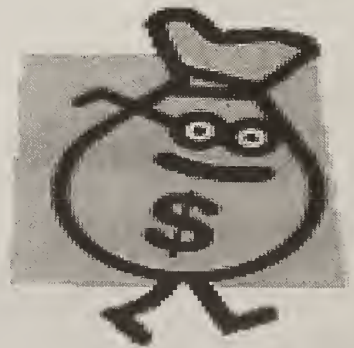
Another way to relieve the pressure is through employment. Ask at the college's Student Employment Office (Room 2B04) for help finding part-time work during the school year or contract work for the summer. Opportunities for employment may also be available at the college through the work/study program, including working as a peer tutor. Service clubs and churches also provide support.

If you're having more immediate needs, Student Services can provide a limited number of grocery vouchers and provide access to the College/CSI-sponsored food bank.

If you would like to discuss any of these options or other ideas, please ask to speak with a counsellor in Student Services.

A Message from Student Services

Attention all Returning Students Needing money!!



Be a Conestoga College Tour Guide!!

Please send your Resume with the Employment Job Form to the Registrar's Office located in the Student Client Services Building.
Or contact Julie at (519)748-5220 ext 3727.

Horoscope

Week of March 28 - April 3

Happy Birthday!

Your brain will be racing all over the place and it'll be mighty tough to keep up. Sit down, put your feet up and breathe! Give yourself a break and just let your brain do what it wants while you chill.



Aries
March 21 - April 19

Today might be frustrating, because other people will be equal parts confused and confusing. Try to keep it simple and just ride it out; it won't last more than a day or two. Patience my dear, patience ...



Taurus
April 20 - May 20

Friends will be there for you -- at least the ones you really need. Make sure you check in with them and try to really talk about what's been going on lately. People can be a lot smarter than they let on.



Gemini
May 21 - June 21

Communications will be full of static. Try to put off any important messages or meetings until next week. Right now isn't the best time to be serious. Try to focus on your personal creative energy.



Cancer
June 22 - July 22

You'll have good energy, but it'll be hard to put it to use. Just trust your intuition and explore the places it takes you. Your mind will wander, so stay away from tasks that require focus.



Leo
July 23 - August 22

Today will feel dense and swampy, at least as far as people's feelings go. Try not to get upset with friends who can't make up their minds - there's tons of that going around. Keep a smile on!



Virgo
August 23 - September 22

Everything changes. The people you can always count on will be sliding along at their own pace, and the details you thought you had down will start rearranging.



Libra
September 23 - October 22

Things around you will slow down to a crawl, but try not to get moody about it. If you can delay your plans or just adapt to this schedule, you'll do fine. Just don't rain on everyone else's day!



Scorpio
October 23 - November 21

Enjoy the positive, creative energy flowing around you. It might feel like you're the only one having a good day, but don't let that bring you down. You're just capable of letting your true colours show!



Sagittarius
November 22 - December 21

You'll find it hard to get started, and it might be even harder to stay on track once you do. Be careful about losing things, but don't freak out too badly if you do. Learn from those mistakes.



Capricorn
December 22 - January 19

The creative spirit is all fired up, and you'll be uber receptive to it. Do what you love, but do it with style. It's an important time to help your friends see the beauty that's right in front of them.



Aquarius
January 20 - February 18

Don't get so obsessed with the future that you lose sight of the here and now. Pay attention to your responsibilities, but drop the details you can afford to forget - they're not going anywhere.



Pisces
February 19 - March 20

Where's the bling bling? Turns out you don't have quite as much cash as you thought you did. No need to freak out (tempting as it is), just a little change in spending habits can make a big difference!



Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.

CBC on the WWW

By JAMES CLARK

You are in for a big surprise if you think the show *The Simpsons*, which is on after school, is the coolest thing about the CBC.

The publicly funded broadcaster, traditionally known as being smug, is making a valiant effort to project a cool image in order to entice Canadian youth to its network.

This effort led to the creation of the website www.cbcradio3.ca, arguably the coolest thing about the CBC, nearly four years ago.

It may take a few minutes for the site to load, but it is worth the wait. The website is pleasing to both the browser's eyes and ears.

The main page of the site, known as the cover, has a large picture as the background. In past issues the picture has ranged from the edge of a man's urinal to a picture taken by a blind man or a fish swimming in a tank. The pictures reflect the content of the website.

The articles do an exceptional job of reflecting the life of an average Canadian under the age of 25.

Past articles on the website

include samples of poetry a woman wrote during adolescence, a man's account of growing up in a trailer park in Alberta and the story of a 16-year-old paintball champion.

While you are reading the interesting accounts of fellow Canadians you have the opportunity to listen to music by Canadian artists. It's doubtful you will recognize many songs, if any at all, that are played on the site, but this doesn't mean the music isn't good.

The songs are selected from a number of different genres, from punk to experimental to hip hop, all of which will get your toes tapping and wondering why they don't play these songs on the radio.

The music seems even better while you are reading the articles and browsing through pictures taken by Canadian photographers. The images are of everyday things, but seem surreal in the context they are delivered.

If you are looking for more action than still-life photography the site usually offers short videos

made by, once again, Canadians. The videos range from tributes to kung-fu movies to a one-man play entitled *Tales of an Urban Indian*, demonstrating the site's ability to reach every Canadian.

If the site leaves you craving similar entertainment you need not worry. Links to CBC radio3's sister stations are available on the site. These sites include www.120seconds.com; a site showcasing short videos, www.justconcerts.com; a site that will provide you with your fix for live recordings of concerts and studio sessions, www.newmusiccanada.com; the source for the music featured on radio3, and www.rootsmusic.com; a site dedicated to Canadian folk and alt-country music.

The main CBC radio 3 website is the jewel out of all the websites mentioned. It is hard to put into words how incredible the website is.

Amazing pictures, interesting articles and infectious Canadian music make this website way cooler than *The Simpsons*.

Spring cleaning at Conestoga

By JAMES CLARK

The temperatures may still be frosty that doesn't mean it isn't time to start the spring cleanup at Conestoga College.

The groundskeeping crew at Conestoga are hoping to get the majority of the cleanup completed by the long weekend in May.

Barry Milner, head of physical resources at the college, says the cleanup starts early because events, like the motorcycle training course held at the end of March, require a clean area.

"They can't take their bikes out and ride around on the sand and the salt because they are new riders," said Milner. "So, for due diligence purposes we do some early sweeping of some parking lots."

Once all the snow melts and the ground is not as soft, workers will concentrate on cleaning the grass areas around parking lots to make sure the turf grows properly.

Peter Schlei, the groundskeeping

lead-hand, said his crew was out working on these areas as soon as the snow started to melt.

"We have literally collected yards and yards of garbage," said Schlei.

After the bigger pieces of debris are picked up the grass will be raked and small piles of rubble will be swept away by a company hired on contract by the physical resources department.

Milner said some rows of the parking lots may be temporarily blocked off for sweepers to drive through to collect the piles of debris.

Another area that requires significant attention is the sports fields. The fields require aerating and rolling to get rid of any humps caused by frost. When the weather permits the grounds crew will use fertilizers, top dressings, and seeding on bad areas.

Milner said it is important to take care of the fields in the spring even though they are primarily used in the fall.

"If you don't prepare properly in the spring you aren't going to have any turf in the fall," said Milner.

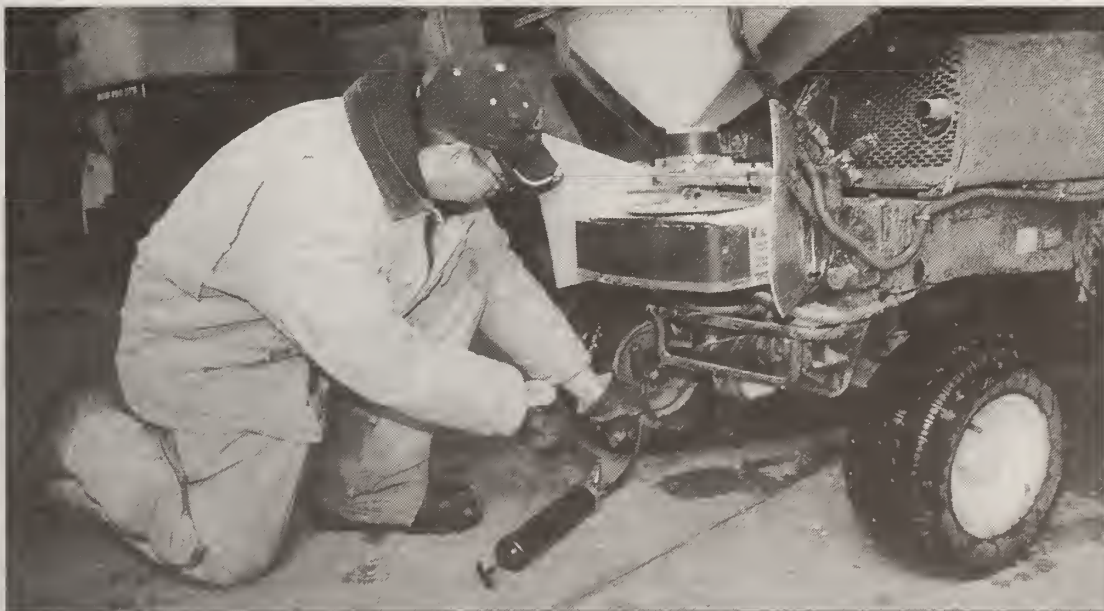
He said the spring cleanup takes approximately 350 man hours to complete.

"The appearance of the college is very important," said Milner. "The grounds are the first thing people see when they come to the college."

Milner said there are also other things being taken into account when crews start doing cleanups and maintenance work around the school. He said the grounds have to be prepared not only for use by courses at the college but also to meet bylaws.

"Obviously Conestoga wants to be a good neighbour," said Milner.

Crews will also be working at the Waterloo and Guelph campuses. The campuses in Stratford and Cambridge have leases that include spring cleaning.



(Photo by James Clark)

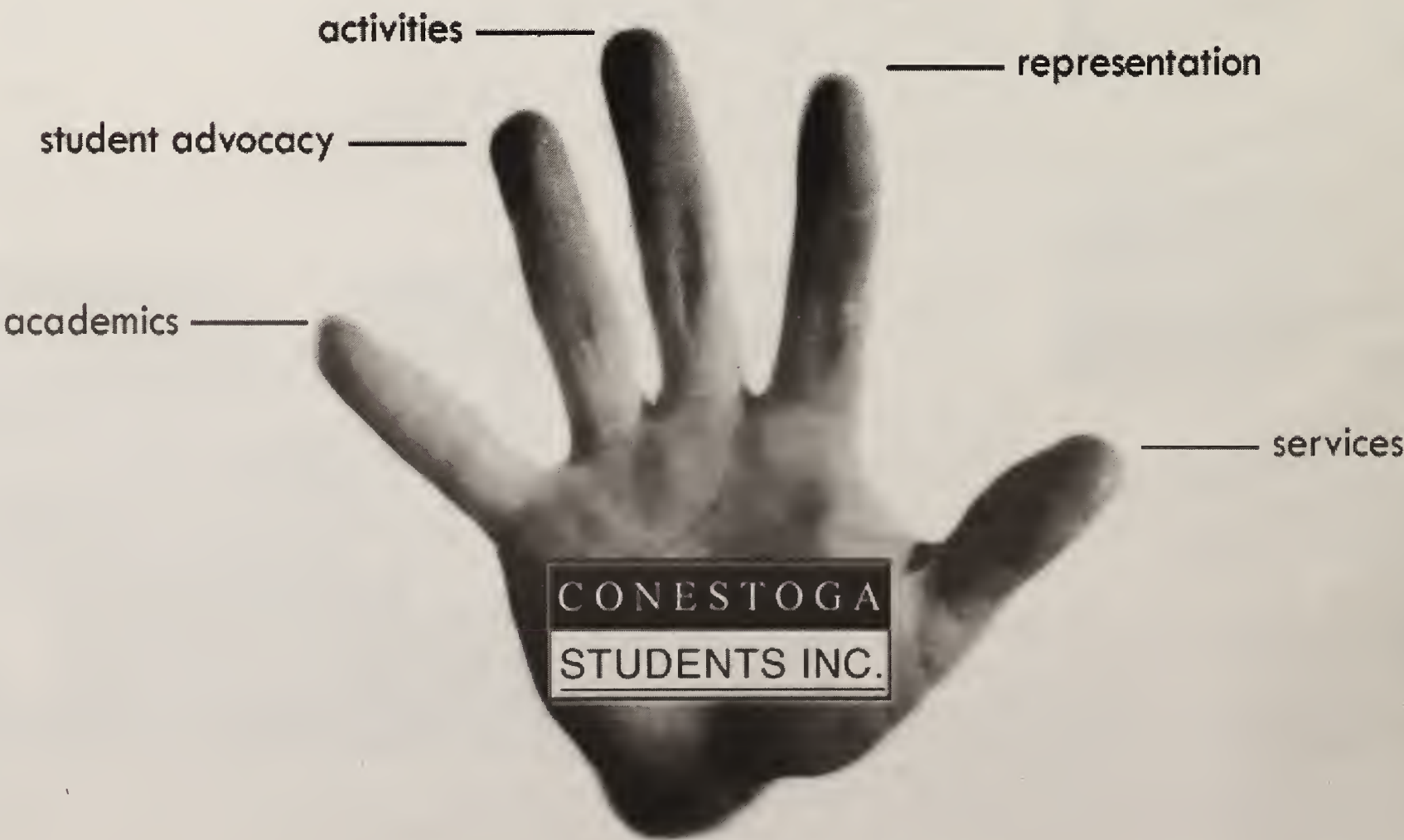
Barry Gurski, of physical resources, greases up a John Deere 935. The machine can be used for cleaning up snow in the winter and cutting grass in the summer.

At the end of the nomination period for this year, there were only eight Director nomination forms and the Primary Electoral Officer has acclaimed them to their positions on the CSI Board.

Your Conestoga Students Inc. Board of Directors will be:

- | | |
|--------------------|---------------------|
| Nelofer Ahmed | Scott Ingram-Cotton |
| Leanne Bird | Matt Jackson |
| Jason Blamire | Amit Rajput |
| Dariusz Czajkowski | Jessica Wismer |

These directors will join Justin Falconer, President of CSI, and take their seats on the board effective May 1, 2004.



Drug testing a necessity

Steroids have no place in baseball, or for that matter, in any sport, at any level. That's the sentiment many baseball fans are now conveying.

Commissioner of Major League Baseball Bud Selig has said he's in favour of stricter drug testing and immediate penalties to those caught using illegal substances. Yet, no new policies have been put in place, and it's simple to see why.

The final decision to implement stricter drug testing at the major league level will have to be made by the player's association, which agreed to their current collective bargaining agreement in 2002.

Under that agreement the league held only anonymous drug tests throughout last season.

Five to seven per cent of those tests came back positive for steroids.

That caused the league to stiffen penalties for this season, so that anyone caught using drugs is automatically penalized. Yet one-year suspensions won't be handed out until a player has failed five tests.



Jeff Heuchert

Opinion

Unfortunately, players are only being tested twice a year, within the same week.

Selig is hoping to adopt a model similar to what's used in the National Football League. They have year-round random testing and impose immediate suspensions if a player fails a test.

This whole situation has overshadowed spring training, and will hopefully begin to be resolved not too long into the regular season, which begins March 30.

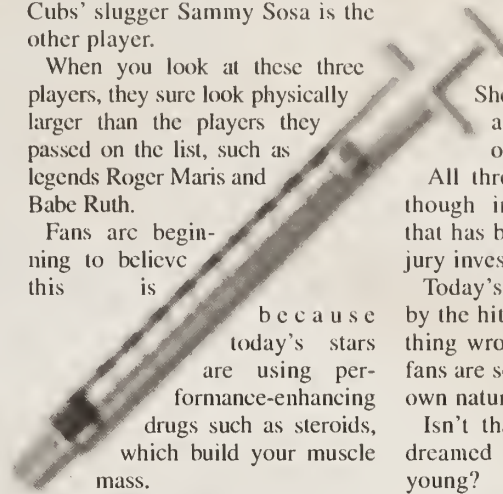
It's sad for baseball fans, but the legitimacy of players we've watched break many of the league's significant records, are now being questioned.

In 2001, Barry Bonds, an outfielder for the San Francisco Giants, hit 73 home runs in a single season, breaking the record of

70, set by Mark McGuire in 2001. In fact, only three players make up the top six spots on the all-time single season home run list, and all three accomplished this in only the past five seasons. Chicago Cubs' slugger Sammy Sosa is the other player.

When you look at these three players, they sure look physically larger than the players they passed on the list, such as legends Roger Maris and Babe Ruth.

Fans are beginning to believe this is



because today's stars are using performance-enhancing drugs such as steroids, which build your muscle mass.

It doesn't help that former major leaguers Jose Canseco and Ken Caminiti have both said publicly more than 50 per cent of players use steroids.

New York Mets pitcher Tom Glavine said for those players who aren't taking steroids, they

feel like they're on an unfair playing field.

Well for fans, if these accusations are true, shouldn't they feel like they've been cheated as well?

Today's prominent hitters such as Barry Bonds, the New York Yankees' Gary Sheffield and Jason Giambi are all facing accusations of steroid use.

All three have denied it, even though information stating just that has been provided in a grand jury investigation.

Today's baseball is dominated by the hitter, not that there's anything wrong with that, as long as fans are seeing players using their own natural ability.

Isn't that what so many of us dreamed of doing when we were young?

The player's association has to wake up and do what's right for the game of baseball. They say they oppose random testing because it invades the player's privacy.

Well, fans don't care about player's privacy, and fans are the ones

paying the players' salaries.

It's time the players association proves they're dedicated to stopping drug use at the major league level and institute year-round drug tests with stiffer penalties.

SIDE EFFECTS

■ Steroids affect your heart. Steroid abuse can lead to cardiovascular disease, including heart attacks and stroke.

■ Steroid abuse can affect both a male's or female's appearance. These include male pattern baldness, cysts, acne and oily hair and skin.

■ Steroid abuse is known to alter a person's mood. The abuser may become angry and hostile for no reason.

■ There is also an increase risk of contracting infection. Sharing needles or using dirty needles puts you at risk for diseases such as HIV/AIDS and Hepatitis.

Play year-round at Sportsworld

By KRISTEN MCMURPHY

As summer is fast approaching, tourists will soon begin flocking to Sportsworld to see what it has to offer.

It's one of Kitchener's main attractions in the summer, but there are activities operating year-round that make it a fun place to spend a frosty winter day.

"I go to Sportsworld year-round," says Jeremy Wilson, 21. "Summer's good there because there's the water park and go karts, but there's a lot to do in the winter, too."

Sportsworld is home to the region's largest indoor golf driving range, enclosed in the large white dome that catches the eyes of motorists passing by on the 401. Visitors can bring their own clubs or rent them.

A half-hour driving range experience costs about \$14. Golfers stay toasty warm under a heater as they drive their golf balls onto the turf.

Wilson says the driving range is a great place to go if you need to relieve some stress.

"It's very therapeutic," he says. Sportsworld's indoor rock climb-

ing is a popular activity with visitors.

Amateurs and professionals alike are welcome to participate in rock climbing, under the close supervision of trained instructors. Prices for rock climbing vary depending on rental equipment needed, but a basic unlimited climbing pass costs \$12.

One token at the indoor batting cages costs about \$3, and is good for 25 swings. There are six batting cages available and guests can choose between hardball or softball, and can also select the speed of the pitch based on their batting skills.

Arcade lovers can explore the indoor arcade at Sportsworld, but be prepared to spend a lot. Most games award tickets to winners but it takes thousands of tickets to win a decent prize like a television.

"I spent 30 bucks at the arcade one time and got a cheap foam football," Wilson says. "The arcade is definitely a money grabber."

Sportsworld is located on Sportsworld Drive just off the 401, on the Highway 8 exit. It's open daily until 10 p.m.

Student Services

HOW STRONG ARE YOUR STUDY SKILLS?

Answer the following questions to find out how strong your study skills are.

YES NO

- ___ ___ 1. Do you often fail to complete homework assignments on time?
- ___ ___ 2. Do you frequently catch yourself thinking about something totally unrelated to what you are reading?
- ___ ___ 3. Do you frequently have difficulty picking out the important points in a reading assignment?
- ___ ___ 4. Do you seem to accomplish very little in relation to the amount of time that you spend studying?
- ___ ___ 5. Do you frequently have difficulty understanding your class notes when you try to read them over later?
- ___ ___ 6. Do you prepare for tests by memorizing formulas, definitions, or rules that you do not clearly understand?
- ___ ___ 7. Do you depend mainly on last minute cramming in preparing for tests?
- ___ ___ 8. Do you frequently turn in your test paper without carefully checking for errors?
- ___ ___ 9. Do you often spend too much time on the first half of the test, thus having to rush through the last half?
- ___ ___ 10. Do you often lose interest in your studies during the first few days or weeks of the term?
- ___ ___ 11. Do you often spend the class period doodling or daydreaming instead of listening to the instructor?
- ___ ___ 12. Do you normally hesitate to ask your teachers for help with troublesome assignments?

If you answered "yes" to three or more of these questions, your study skills need to be strengthened. Come to Student Services, 2B04 for assistance with your learning and study habits.

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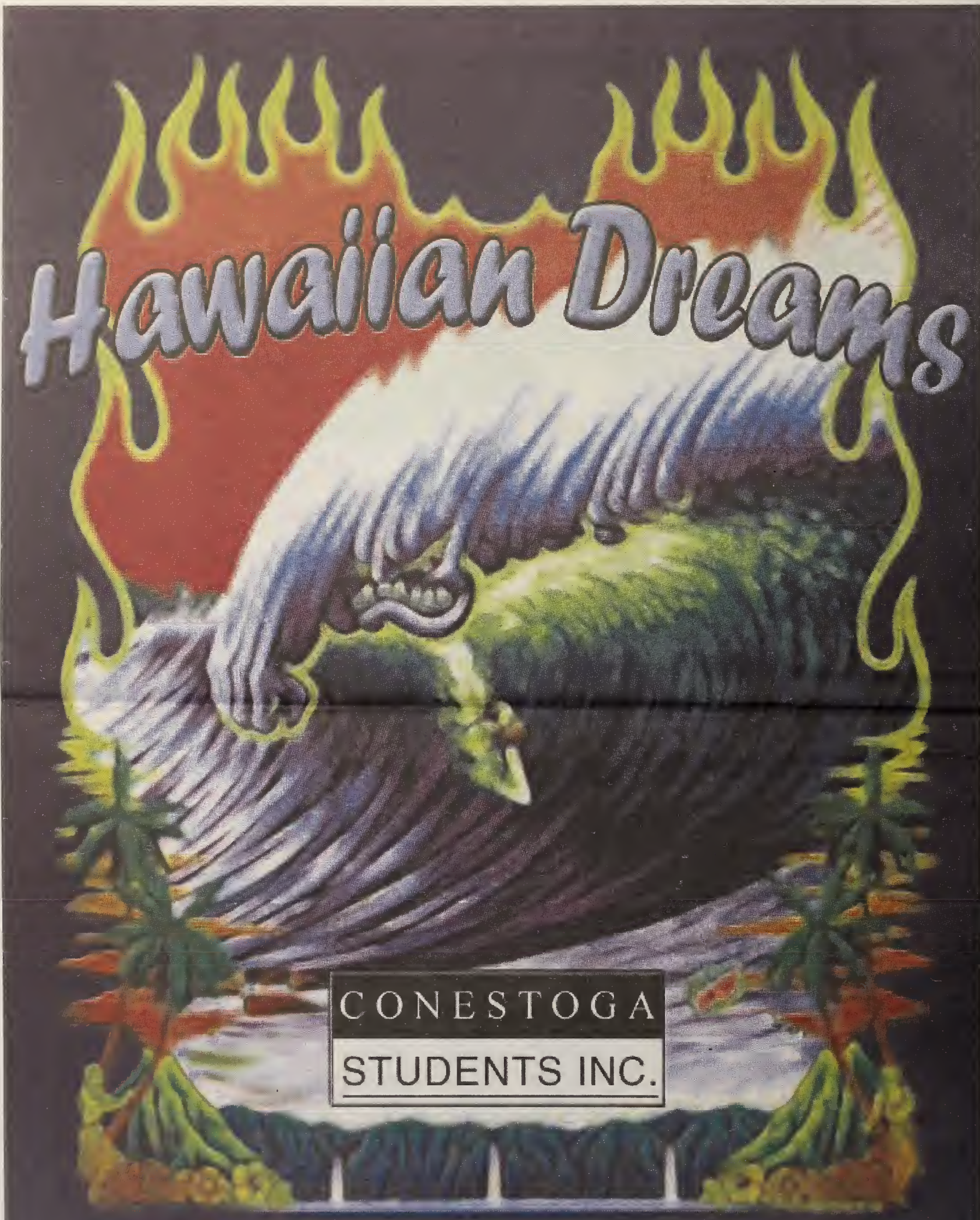
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